

**Volunteers** are always welcome to help in activities and management of the Memory Café. Facilitating or helping with craft projects, serving as a lunch hostess or just lending an extra set of hands are some of the examples of what we need for a successful program.

Experience with the challenges of dementia is not essential, just a kind, caring attitude, sense of humor and the desire to assist others in a supportive manner.

For further information about volunteer opportunities with the Waterfront Memory Café contact Karen Gregory, Program Coordinator, 508.748.3570.

### **Community Resources/Support**

#### ◇ Alzheimer's Association 24/7 helpline

For information, referral & support  
1.800.272.3900  
tdd: 1.866.403.3073  
Email: [info@alz.org](mailto:info@alz.org)

#### ◇ Directory of Memory Cafes in MA

*Jewish Family & Children's Services*  
[www.jfcsboston.org/memorycafesdirectory](http://www.jfcsboston.org/memorycafesdirectory)  
Contact: Beth Soltzberg  
781.693.5628

Email: [bsoltzberg@jfcsboston.org](mailto:bsoltzberg@jfcsboston.org)

#### ◇ Community Nurse Home Care

Memory Loss Program  
508.992.6278  
Email: [info@communitynurse.com](mailto:info@communitynurse.com)

#### ◇ The Bridge: Center for Hope & Healing

508.997.0903  
Email: [thebridgedartmouth@gmail.com](mailto:thebridgedartmouth@gmail.com)

#### ◇ Coastline

Aging Services Access Point  
<http://coastlineelderly.org>  
508.999.6400  
tdd: 508.994.4265

#### ◇ Bristol Elder Services

Protective and Crisis Services  
<http://www.bristolelder.org>  
508.675.2101

*The Marion Waterfront Café is sponsored, in part, by funding from The Massachusetts Association of Councils on Aging and Senior Center, MA Executive Office of Elder Affairs, Marion Police Brotherhood and Friends of the Marion Visiting Nurse.*

*The Marion Council on Aging presents*

# *Waterfront*



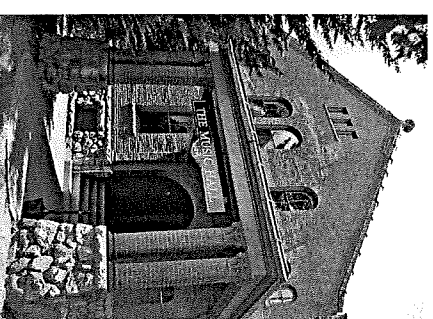
# *Memory Cafe*

**Every Wednesday**

11:45 a.m. Lunch  
12:30 – 2:00 p.m. Activities

## **Marion Music Hall**

164 Front Street, Marion  
(parking across the street)



**508.748.3570 for more information**

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## Welcome to the Marion Waterfront Memory Café

**What is a Memory Café?** Our Memory Café is a weekly gathering for individuals with Alzheimer's type or other memory loss, even for those questioning but not yet diagnosed, with their care partner, family or friends, in a safe, supportive and engaging environment. It's a time and place where everyone can interact, find support, establish friendships and share concerns without feeling embarrassed or misunderstood. Cafes allow individuals with memory disorders, accompanied by a care provider, time to relax while enjoying social activities in a non-judgmental atmosphere.

**Why attend?** Experiencing memory loss can make the world a bit confusing and lonely at times. Word searching can be difficult and frustrating. Social outings used to be fun and something to look forward to but are now challenging. Staying home, avoiding embarrassing moments is much easier. We worry about what others will think of us. Coming together with others who are experiencing the same challenges we are makes us feel more accepted and relaxed. A Café focuses on our strengths, allows us to meet new people and enjoy a relaxed atmosphere.

The Marion Waterfront Memory Café is free, including lunch. Donations are accepted. Registration is not mandatory but appreciated, 508.748.3570.

**The Marion Waterfront Memory Café will meet every Wednesday from 11:45 a.m. to 2:00 p.m. at the Marion Music Hall, 164 Front Street.**

### 2016 Café Dates:

September 7<sup>th</sup>  
September 14<sup>th</sup>  
September 21<sup>st</sup>  
September 28<sup>th</sup>

October 5<sup>th</sup>  
October 12<sup>th</sup>  
October 19<sup>th</sup>  
October 26<sup>th</sup>

(Halloween Party, costumes optional)

November 2<sup>nd</sup>  
November 9<sup>th</sup>  
November 16<sup>th</sup>  
**\*No meeting November 23<sup>rd</sup>\***  
November 30<sup>th</sup>

December 7<sup>th</sup>  
December 14<sup>th</sup>  
December 21<sup>st</sup>  
December 28<sup>th</sup>  
(New Year's Afternoon Bash)

*\*please note that during inclement weather if the Marion Public School System is closed, the Council on Aging also cancels programming.*

*If unsure, call first, 508.748.3570. The Marion Music Hall is handicap accessible with ample parking across the street.*

The Memory Café is loosely structured with activities ranging from games, music, singing, dancing, crafts and occasional speakers. Lunch is included with every Café unless otherwise noted on the schedule.

**There are three simple requirements, of all of us, when attending a Memory Café. These quick tips will ensure a pleasant experience for all:**

◇ **Encourage participation and be sure to participate.** A Memory Café is supposed to be a participatory event, we're here to socialize and make memories.

◇ **Don't focus solely on the disease or diagnosis.** A Memory Café is not a formal support group. The Café is meant to be a respite, for everyone, from the stresses and pressure of dementia.

◇ **Never be afraid to ask for help.** You're having a bad day, the person you're with is having a bad day...it happens to all of us. Reach out to staff and volunteers for help; it's why we're here. We can offer a quiet activity in a separate room or aid you in finding another solution.

Contact the Marion COA office with any questions or to register (suggested, not required), [hsvylvia@marionma.gov](mailto:hsvylvia@marionma.gov) or 508.748.3570